

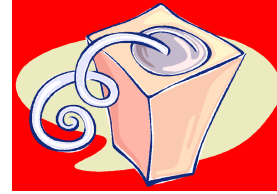


SPIT ROAD DENTAL CHRISTMAS NEWSLETTER



DECEMBER 2011

Festive Fun and Flossing!!!



Flossing removes plaque from in between your teeth where periodontal (gum) disease and cavities begin. Those who develop gum disease later in life commonly do not floss or do not floss properly.

Flossing is of such great importance as brushing will only remove plaque from the surface of your teeth. Plaque left between teeth can cause decay and gum disease.

Proper Flossing Techniques:

- Use enough floss to hold the ends comfortably in your hands
- Wrap the floss around your index fingers and support it with your thumbs
- Floss at least once a day, ideally after meals or at least before bedtime.
- Slide the floss between tooth contacts with a back and forth motion being sure not to "snap" the floss through as it may injure gum tissue. Keep the floss as short as possible between the fingers to stop it snapping like a guitar string
- Once the floss is between your teeth, wrap it into a "C" shape around the surface of each opposing tooth and move the floss up and

down the tooth surface 4 or 5 times.

- When finishing draw the floss out through the embrasure between the teeth. Do not pull it out through the contact point.
- Since plaque is very sticky, it is necessary to perform these steps or plaque will be left behind.
- Floss holders are available for those who have difficulty reaching the back teeth.
- Children should begin flossing as early as possible, with parents help.

By taking two minutes out of your day to floss, you will promote a healthier, happier smile!



Sparkle Sparkle

Do you want your teeth to Sparkle this Christmas???

Why don't you ask Dr lan if your teeth would be suitable for whitening... It's a very easy procedure to have done in only 2 appointments.

First one is to have some impressions of your teeth taken so lan can make custom fit trays for your teeth.

The second is to fit the trays for you and go through the whitening process which is done by yourself at your leisure in the comfort of your own home.

The shade of your teeth will start to change after a couple of applications and usually people reach their desired shade after about 10 days.



Our Lovely Little Wand



We introduced you to the wand a few months ago but here is a little refresher.

The wand is here to make dental injections easier for both patient and dentist.

Even though Dr Yerbury is extremely gentle when giving injections it is inevitable there will be some discomfort. The discomfort mainly comes from the speed of flow of anesthetic liquid being administered

from the syringe into the gum area. This is so difficult to measure manually. The wand is essentially a computer controlled dental injection. The flow rate of the local anesthetic is controlled by a computer. This means that the injection is guaranteed to be slow and steady and therefore comfortable.

The wand looks nothing like a syringe... it mostly resembles a pen.

Ask lan when you go into the surgery and he will show you it.

When administering the local anesthetic with the wand you will hear a beeping noise and the computer lets lan know how much of the local anesthetic has been given.

It does take a little while longer than a conventional injection but this is to your benefit.



Introducing the Microlaser



Spit Road Dental now has a soft tissue laser. Lasers have revolutionized the way dentist practice dentistry.

Dentists with a laser can perform more procedures in less time with better results than those using traditional methods.



time with less overall discomfort.

Compared to traditional

the advantages of our soft tissue laser first hand.

This is just another example of Spit Road Dental's commitment to keep up with the latest technology for the benefit of our patients.

Dr Yerbury will be using the soft tissue laser to remove any excess gum tissue that needs to be removed either for cosmetic or functional reasons

Patients also benefit from a higher standard of care, experiencing faster treatment healing

methods, a laser is gentler, more predictable and often wont need local anaesthetic. Immediate hemostasis in most cases is another added benefit.

So don't be surprised if at some stage you end up wearing funny pink glasses and experience

If you want to find out more or have a look at the laser.. Just Ask Dr Ian... he will be more than happy to show you.



CAN YOU FIND.....

A	R	U	D	O	L	F	W	A	M
N	O	E	L	K	W	S	P	S	I
E	J	Q	W	I	H	L	A	Z	C
S	V	S	L	A	I	M	B	E	R
T	I	F	B	C	T	E	E	G	O
H	F	A	R	S	E	R	L	P	L
E	C	I	I	F	U	R	L	G	A
T	U	R	G	N	O	Y	S	E	S
I	H	Y	H	L	S	A	E	V	E
C	Z	O	T	E	E	T	H	X	R

ANESTHETIC

BELLS

BRIGHT

CHRISTMAS

EVE

FAIRY

LASER

MERRY

NOEL

RUDOLF

TEETH

WAND

WHITE

